S.I.C.K. Program

Self-Initiated Care Kits

- Eligible for TRICARE beneficiaries w/ Pharmacy privileges
- **Over-the-counter** meds w/o an Rx
- No out of pocket expenses
- Self-care for minor illnesses
- 3 meds per person/30-day period

Ineligible

- PRP or flight status
- Pregnant or breastfeeding
- Children < 2 years
- Fever ≥101.1°F for ≥ 3 days
- Symptoms ≥ 7 days (except allergies, Eucerin, Prilosec, saline spray)

Meds Available

Adult Tylenol
Adult Ibuprofen
Robitussin DM
Afrin
Zyrtec
Claritin
Children's Tylenol
Children's Ibuprofen
Children's Zyrtec
Prilosec
Bacitracin Ointment
Clotrimazole Crm
Hydrocortisone Crm
Cough Drops
Afrin
Allegra
Saline Spray
Mucinex
Flonase
Children's Claritin
Children's Allegra
Artificial Tears

How-To

- Consult familydoctor.org for self-care
  - Also on tricareonline.com
- Nurse Advice Line
  - (1-800-TRICARE, Opt 1)
- Submit completed S.I.C.K form to the 7 MDG Pharmacy
- Forms available at the pharmacy and online at the MDG website